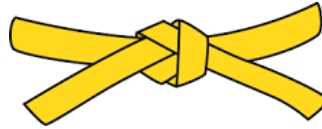




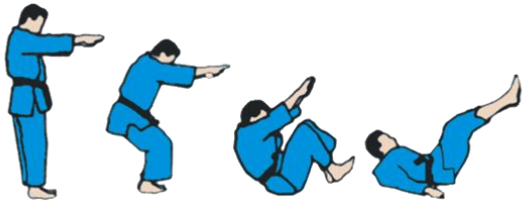
PROGRAMI I SHIRITAVE TE XHUDOS

SHIRITI I VERDHE

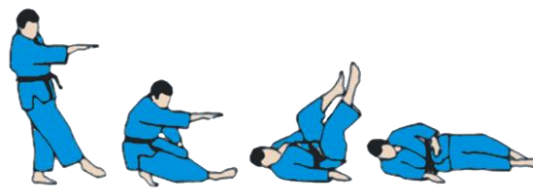
(5 KYU)



RROTULLIMET:



USHIRO UKEMI



YOKO-UKEMI



MAE-UKEMI

TE TJERA:

- KAPERDIMI PERPARA
- URA
- YLLI

TACHI-WAZA:



Uki-goshi



O-soto-gari



De-ashi-barai



Ippon-seoi-nage



Ouchi-gari

NE-WAZA:

OSAEKOMI-WAZA:



Yoko-shiho-gatame



Kami-shiho-gatame



Tate-shiho-gatame.



Kesa-gatame

DALJET NGA KESA-GATAME:

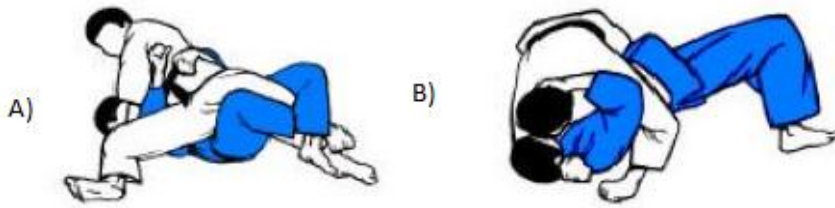
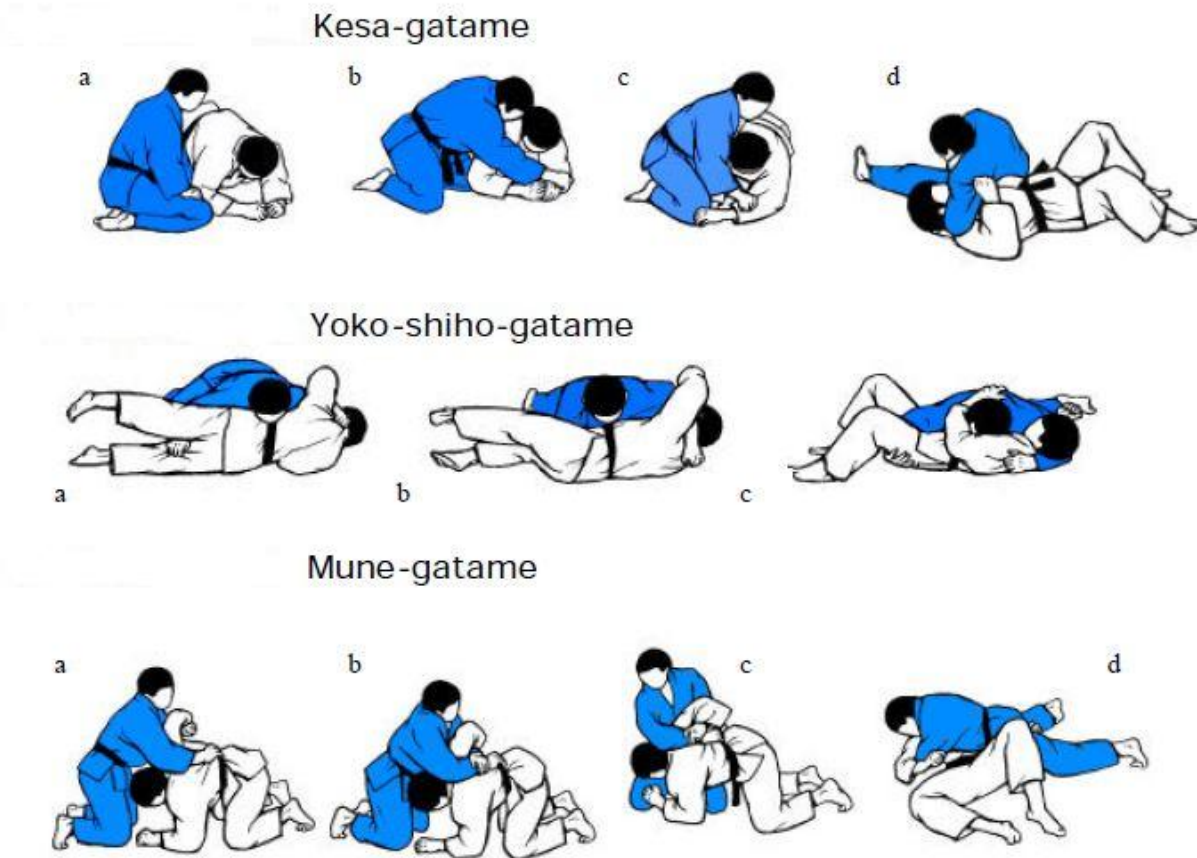


FIG.1 (DALJA NGA KESA-GATAME KUR UKE JA LIDH KEMBEN TORIT)

FIG.2 (DALJA NGA KESA-GATAME PERMES URES)

OSAEKOMI-WAZA PERMES POZICIONEVE TE LUFITES:



QKA DUHET TE DIJE?

- LIDHJEN E BREZIT
- POENAT NE XHUDO
- KUPTIMIN E "MATTE ", "HAJIME", "OSEAEKOMI", "TOKETA", "SHIDO".
- SA ZGJAT MBAJTJA NE XHUDO DHE SI POENTOHET NE BAZE TE SEKONDAVE.